

HOW TO LIVE ~~WITH~~ YOUR SPOUSE

HUSBANDS

1. Look at the list of the fruit of the spirit (Gal. 5:22-23):

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law." –Galatians 5:22-23

- Pick the one you have the most difficulty with when it comes to your wife.
- Then figure out one practical thing you can do to be better at this fruit.

2. Identify one thing you're holding onto that's causing problems in your marriage.

- Pray daily that God will help you let that go.
- Practice letting that go.

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WIVES

1. Pick one hurt or offense from your spouse that you can commit to letting go. (Start small.)

2. Look for acts of faithfulness you find in your husband and express your gratitude when you see them.

3. Find small ways you can demonstrate submission to your husband, and pay attention to how that changes things.